

# Registration Form

## Fall into Yoga| Vancouver, WA.

### Propstra Aquatic Center

605 N. Devine  
Vancouver, WA 98661  
360-313-3625

#### Credit card payment accepted online at:

www.aquaticsandmore.com  
Click on courses and workshops or calendars scroll  
down click on the secure PayPal  
"Buy Now" button follow instructions. If you have  
any difficulties please let us me know. Thank You!

#### How to Register:

**MAIL** Payment form to: Aquatics and More  
PO Box 874052 / Vancouver, WA / 98687

**Register Early and receive a discount! Register Today! Don't Wait!**

**Relax, Rewind! Space is Limited! Book your space fast!**

Name: (please print) \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail Address: \_\_\_\_\_ (required for confirmation)

**Course fees: Payment Method : Check/ Money Order / Credit Card (online through PayPal only) See above**

Check attached for \$ \_\_\_\_\_ (payable to AAM)

Mail in Registration Form			Early Bird Registration on or before March 21, 2014			Registration after March 21, 2014		
			AEA member	Late /Non AEA member		AEA member	Late/Non AEA member	
Sat One Session	am	pm	\$49.00	\$59.00		\$59.00	\$69.00	
Sat Both Sessions	am	pm	\$98.00	\$110.00		\$110.00	\$130.00	

#### CONSENT AGREEMENT

I agree to hold harmless Aquatic and More (AAM) its owners, event presenters, volunteer staff, and Aquatics and More host sites from any and all liability arising out of this event. I understand that risk involved with participating in this event and verify that I am in sound physical condition for activities that will be presented at this event. I agree to all conditions of registration including the cancellation policy.

#### CANCELLATION POLICY

All cancellations must be submitted in writing to Aquatics and More (AAM)  
PO Box 874052 Vancouver WA. Cancellation received on or before **September 1** will receive a full refund, minus \$10.00 cancellation fee. There are **NO refunds** after **September 15, 2014**.

If you have any questions regarding registration Please contact Robin Davis @ [aquaticsandmore@gmail.com](mailto:aquaticsandmore@gmail.com)

Signature: \_\_\_\_\_ Date \_\_\_\_\_

My signature indicates that I understand and agree to the above terms

## **Introducing, Kara Knight**

### **Am Session Aqua Yoga**

#### **Course Description:**

This course will give instructors basic understanding of how to bring the benefits of water and yoga together. It will deepen their knowledge of yoga theory and explore ways to share the information in a comfortable way. Instructors will learn how to adjust any pose to make it water-friendly. This will increase their ability to develop more balance, strength, flexibility and relaxation in students in traditional and unexpected ways.

### **PM Session Adaptive Aqua Yoga**

#### **Course Description:**

This course will familiarize instructors with chronic and acute physical and mental challenges and how the therapeutic nature of water and yoga can work together to bring comfort. Instructors will learn how to adjust any move to make it appropriate for specific populations. It will also teach instructors how to encourage students' personal awareness and acceptance to increase confidence and ease.

The pool temperature at Propstra Aquatic Center is 92 degrees perfect for Yoga training